

July 2021



Newsletter

Toll Free: 866-743-5144

Office: 715-743-5166

Fax: 715-743-5240

SENIOR CENTERS NOW OPEN

Whether you are new to town, or someone who is looking for more information about our Centers. Please call the ADRC for more information!

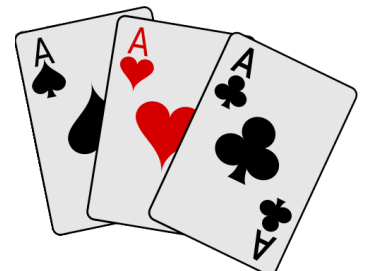
(715)743-5166



Neillsville Senior Group is calling all Cribbage and Card playing lovers! Come down and enjoy 2 great groups and an afternoon of fun!

Call Arlys for more information

(715) 743-3886



Lines from Lynne

"To plant a garden is to believe in tomorrow." – Audrey Hepburn

We have been so blessed this year with beautiful sunshine and a few soaking rain showers. Everywhere we look gardens and fields are beginning to show signs of new growth. Soon we will see the countryside full of colors as the farmers' markets fill up. Make sure to check our schedule for farmers' market vouchers - shop local – shop fresh.

I want to thank everyone who took the time to complete the Aging Survey for 2022-2024. We were able to get some fantastic feedback! We are excited to begin drafting our Goals for the things you have shared that are important to you as we face our retirement years. Even though our survey is officially closed, hearing from you is what makes what we do meaningful. Please feel free to give us a call or email any suggestions that you have.

We are excited to have our congregate sites open again. Give us a call and we can set you up with a center nearest to you. Together, the ADRC and Senior groups recognize trying a center for the first time can be a little uncomfortable for some people. The group members want you to feel welcome and are more than willing to offer what they can to make your experience a positive one. So please do not let that stand in the way of companionship and socialization. Ask us about teaming up with one of the local group members; and we can make that happen so you do not miss out on some great opportunities.

August 1st will be our office re-opening for in person option counseling and benefit resources. We will be resuming services in home and will continue to offer virtual and by appointment in office to make an experience that is most comfortable for you. We will also be working to coordinate and schedule caregiver groups to start in August, so be watching our Facebook page, fliers, and other messaging for when and where. You can always call the office at the end of July if you are interested in finding a group near you.

Lots happening and more to look forward to...

Hope to hear from you soon!

Thank you for letting us serve you and our community!



Senior Farmers' Market Nutrition Program

Voucher Distribution Schedule

Date	Location	Time
Tuesday, July 6	<ul style="list-style-type: none">• Withee Public Library 511 Division Street, Withee	12:00PM – 1:00PM
Thursday, July 8	<ul style="list-style-type: none">• Thorp Senior Center 116 North Washington Street, Thorp	11:00AM – 12:00PM
	<ul style="list-style-type: none">• Colby Senior Center (Clark County residents only) 303 Lieders Street, Colby Please meet in parking lot	1:00PM – 2:00PM
Thursday, July 15	<ul style="list-style-type: none">• C & J Auto Parking Lot 132 North Main Street, Loyal Loyal American Legion Brat Fry	11:30AM – 12:30PM

The Senior Farmers' Market Nutrition Program helps seniors to access fresh, nutritious, locally grown fruits, herbs, and vegetables. To qualify, you must be a Clark County resident in which the total income is at or below 185% of the federal poverty guideline, and in which an individual age 60 or older or Native American age 55 or older resides are eligible to receive the vouchers.

When applying, you will need to bring proof of your income and a valid driver's license.

If you are picking up vouchers for someone else, we must have a signed sheet from the customer authorizing you to pick up their vouchers for them. The person requesting an authorized representative must include a note with their name, address, phone number, birthdates of all household members, and household income.

When you apply, you will receive a list of Farmers Markets and Farm Stands in Clark County and the surrounding areas as well as nutrition education materials.

Questions?

Please feel free to contact the ADRC office during our business hours, Monday – Friday, 8AM – 4:30PM at 715-743-5166 or Toll Free at 1-866-743-5144

Please Note: Farmers' Market Vouchers are available at the ADRC office – no appointment necessary.

Cobwebs, Black Spots in your vision

'no you're not imagining them'



Many people experience 'floaters' in their vision, even black spots along with flashes of light.

You may wonder:

'Where are they coming from?'

'Are they a problem?'

As we age, the gel in our eyes slowly shrinks or can become sticky causing it to bump, rub, or tug against the retina. This can create a flash or spark of light that flickers across your visual field. Usually, these 'flashes' are harmless, but they can be a warning sign of trouble in the eye especially when they suddenly appear or become more plentiful.

If there is any change in the consistency of the gel, a shadow can be cast onto the retina, as the light enters the eye. This shadow may be perceived as a spot floating within the vision. These spots are called "floaters." Some people say they are seeing cobwebs, or large strands. Floaters can be annoying, but they are typically harmless. However, if you notice stationary spots that do not float within your visual field or a sudden increase in either flashes or floaters, this may indicate a more serious retinal problem that should be evaluated as soon as possible.

Changes in vision, your visual field or headaches can all be symptoms of something deeper going on in your body. It's always good to have them checked out. Your gift of vision is something to be valued and protected.



You may scan this code to watch a video on flashes and floaters.



Dr. Julie Thums

Dr. Julie Thums is an optometrist at HealthView Eye Care Centers.
For more information on Flashes and Floaters/Retinal Detachments you can contact her at
715.748.2020 or 715.223.4003.



Medicare Basics

An opportunity to learn about Original Medicare, Medicare Advantage plans, Medigap plans, prescription drug coverage and Medicare Savings plans.

July 15, 2021

October 28, 2021

Clark County Courthouse

Attend in person or via Zoom.

Register by calling 715-743-5166.



Wisconsin has 580,000 family caregivers across the state

Are you one of them?



Get access to **FREE** online educational resources to help caregivers:

- Develop essential skills
- Learn about health issues
- Manage care for loved ones
- Take care of yourself

Register at wisconsincaregiver.org



WISCONSIN DEPARTMENT
of HEALTH SERVICES



Greater Wisconsin
Agency on Aging Resources, Inc.



Wisconsin
Family and Caregiver
Support Alliance

YOU a Caregiver?

What do you think of when you hear the word caregiver? Do you picture someone who spends their day providing hands-on care for someone? If so, you are not alone. It's common for people to think of a caregiver as someone who lives with a loved one and assists them with daily activities such as dressing, grooming, walking, and meals. But caregiving includes much more than those hands-on tasks.

Caregiving also includes helping someone with a wide assortment of tasks that enable them to live more independently in the community. Look around and you will notice people assisting an older friend or relative by taking them grocery shopping, picking up medication, accompanying them to appointments, and helping with yard care. These helpers are also considered caregivers, even if they don't live with the person or provide support every day. The tasks they help with, no matter how big or small, are enabling people to continue to live in their homes.

There are thousands of people who are playing a vital role in maintaining the independence of an older person, but don't realize it or don't consider their work as very important. They certainly would not call themselves a caregiver. Are you one of them? Read on to find out.

Are you a son, daughter, neighbor, relative, or friend who:

- Arranges medical appointments and provides transportation, too?
- Prepares meals to ensure nutritious food is available?
- Helps pay bills and/or balance the checkbook?
- Helps with cleaning and/or laundry?
- Assists with weekly grocery shopping?
- Sets up medication?
- Receives frequent phone calls with requests for help?

Feels the need to regularly "check-up" on your parent/loved one to be sure they are okay?

Are you a spouse who:

- Has taken on duties that used to be done by your spouse? (cooking, cleaning, laundry, car maintenance, bookkeeping, bill paying, etc.)

- Needs to accompany your spouse to places he/she used to go alone?
- Is assisting with daily living tasks like dressing, grooming, and bathing?
- Ensures medications are taken properly?
- Makes medical decisions for your spouse?

Feels unable to leave your spouse home alone?

If you answered “yes” to any of these, then you are a caregiver! You may think that these tasks are just things that you do for the people you love. While that is true, don’t downplay the importance of your assistance in these areas. Without your help, the older person may not be able to continue to live in their own home. The “little” things that you do are crucial to the independence of your loved one.

Identifying yourself as a caregiver is important because it opens the door to many supports and resources that can benefit the person you are caring for as well as yourself. We know that when caregivers are supported, they can provide care more effectively, more safely, and for a longer period which is a benefit to everyone. If you are a caregiver, please call the ADRC of Clark County at (715) 743-5166 to learn about supports and resources that can help you help the ones you love.

Jane Mahoney

Caregiver Support Specialist

ADAPTIVE EQUIPMENT

The ADRC office has several pieces of DME equipment available in our Loan Closet call for further details [715-743-5166](tel:7157435166)

We are also accepting donations of unused/unopened incontinence garments and gently used adaptive equipment.

FoodShare Updates

By the GWAAR Legal Services Team (for reprint)

All FoodShare members will continue to receive the maximum amount for their household size for June, 2021. June benefits should be available on QUEST cards on June 13, 2021. In addition, all FoodShare members continue to receive at least \$95 in additional benefits; some households receive more to bring their total to the maximum monthly benefit amount for their household size.

On top of this, FoodShare members will continue to receive 15% more of their typical amount for their household size through September, 2021. This increase is a result of a federal law passed in 2020 extending additional benefits in 2021.


The bottom line: Unless a household is paying money owed due to a previous overpayment, all FoodShare households will get the following benefits for June, 2021: fifteen percent of their typical amount based on household size; and the maximum benefit for their household size (a minimum of \$95). All members will receive notices explaining the additional benefits.

You can always check the balance of a QUEST card through the ebtEDGE website, the ebtEDGE mobile app, or by calling QUEST Card Service at 877-415-5164.



Incontinence Supplies

For those who may not be able to afford incontinence supplies, the ADRC of Clark County is offering a free incontinence supply bank. You call the ADRC to figure out where you can pick up the incontinence supplies at 715-743-5166.



Don't Miss Your IEP!

By the GWAAR Legal Services Team (for reprint)

Are you going to become eligible for Medicare soon? If so, do not miss your initial enrollment period (IEP)! Most people become eligible for Medicare the month they turn 65. Some people who are younger than 65 can qualify for Medicare, too, including people receiving Social Security Disability benefits and those with end-stage renal disease.

If you are receiving Social Security benefits, you will be automatically enrolled in Medicare Parts A and B when you are eligible. However, if you are turning 65 and not receiving Social Security benefits, you will have to sign up with the Social Security Administration (SSA) to get Parts A and B. You can apply online at <https://www.ssa.gov/benefits/medicare/> or call SSA at 1-800-772-1213. If you worked for a railroad, call the Railroad Retirement Board at 1-877-772-5772.

If you are becoming eligible for Medicare because you are turning 65, your seven-month IEP begins the three months before you turn 65, includes the month you turn 65, and ends three months after the month you turn 65. Please note that if your 65th birthday falls on the first of the month, you will actually be eligible for Medicare the month before you turn 65. This means that the IEP begins a month earlier for people with first-of-the-month birthdays.

If you sign up for Medicare Part A (Hospital Insurance) and/or Medicare Part B (Medical Insurance) during the first three months of your IEP, your coverage starts the first day of the month you turn 65. If you sign up during the last four months of your IEP, your coverage will begin as follows:

If you sign up for Part A (if you have to buy it) and/or	Your coverage starts:
The month you turn 65	1 month after you sign
1 month after you turn 65	2 months after you
2 months after you turn 65	3 months after you
3 months after you turn 65	3 months after you

People who do not sign up for Medicare during their IEP have limited opportunities to sign up later. If you are eligible, you can sign up for premium-free Part A anytime after your IEP starts. However, unless you qualify for a Special Enrollment Period (SEP), once your IEP ends, you can only sign up for Part B and Part A with a premium during the General Enrollment Period (GEP). The GEP takes place each year from January 1 through March 31. If you enroll

during the GEP, your coverage will start the following July 1. You may have to pay a late enrollment penalty.

If you are covered under a group health plan based on current employment, you may qualify for a SEP. You can sign up for Part A and/or Part B at any time as long as:

- You or your spouse is working, and
- You are covered by a group health plan through the employer or union based on that work.

You will also have an eight-month period to sign up for Part A and/or Part B that starts the month after the employment ends, or the month after group health insurance based on current employment ends, whichever comes first. In general, if you sign up during a SEP, you will not pay a late enrollment penalty. Please note that you will only qualify for a SEP if you are covered under employer group health insurance. You will not qualify for a SEP if you are covered by a different type of health insurance, like Medicaid or a Marketplace plan.

If you would like more information about Medicare enrollment, please contact your local Aging and Disability Resource Center. ☐



Using Ensure or other Nutritional Supplements?

Ask us about our Seniors Nutrition Supplement Program available to persons 60 and older.

- Nutritional Supplements at reduced cost
- No other insurance or Long Term care program coverage.
- Must provide a medical professional's Prescription in order to participate.

Call and ask to see if you are eligible at (715) 743-5166

What if my Skilled Nursing Facility Care is Denied?

By the GWAAR Legal Services Team (for reprint)

Medicare Part A covers care in a skilled nursing facility (SNF) for up to 100 days during a particular benefit period. A benefit period begins when you are admitted as an inpatient to a hospital or SNF and ends when you have not gotten any inpatient hospital care or skilled care in a SNF for 60 days in a row. SNF care is covered if you meet these criteria:

- You have a qualifying hospital stay. In general, you must be admitted to a hospital as an inpatient for three days before you go to the SNF. If you were admitted as an outpatient, it is likely that Part A will not cover your SNF stay. However, during the COVID-19 pandemic, you may be able to get care in a SNF without a qualifying hospital stay.
- Your doctor says you need daily skilled care given by, or under the supervision of skilled nursing or therapy staff. Skilled care is skilled nursing or rehabilitation services that is provided by licensed health professionals like nurses and physical therapists. It must be ordered by a doctor. Make sure you have a signed order from your doctor to go to the SNF and that your nurses and therapists take detailed notes of your daily care.
- You are receiving these skilled services in a Medicare-certified SNF.
- You need these skilled services for a medical condition that was treated during your qualifying inpatient hospital stay or for a condition that started while you were getting care in the SNF.

Health care providers often tell patients that Medicare will not cover their care in a SNF because they have “plateaued” or “failed to improve.” However, you should know that Medicare does not require “improvement” for skilled care to be covered. In fact, Medicare rules recognize that some patients are not expected to improve. For these patients, skilled care can help them maintain their current condition or keep them from getting worse. For example, physical therapy can help prevent a decline in someone’s ability to walk.

This means that Part A may cover skilled care if the treatment helps the patient maintain their current condition or prevents or slows their decline. This standard also applies to Medicare Advantage plans because they must provide the same benefits as Medicare Part A and Part B. Denying a patient coverage for this care may prevent them from receiving treatment that can preserve their independence and quality of life.


If you have Medicare or a Medicare Advantage plan, are receiving daily skilled care, and you receive a notice that says your Part A-covered services are ending too soon, you have the right to appeal. On the notice you received there should be a phone number for a Quality Improvement Organization or QIO. A QIO is the independent reviewer authorized by Medicare to review the decision to end services. If you want an expedited appeal, you must make that request no later than noon of the day before the date that coverage will end. (If you miss that appeal deadline, you may still have further appeal rights, just not for an expedited appeal).

If the QIO upholds the decision to end coverage, you can ask the QIO to reconsider its decision by telephone or in writing. Again, you may submit additional information, like care notes and a letter from your doctor to support your case. You have 60 days to submit this appeal.

If the QIO upholds the decision to end coverage, you can ask the QIO to reconsider its decision by telephone or in writing. Again, you may submit additional information, like care notes and a letter from your doctor to support your case. You have 60 days to submit this appeal.

If the QIO denies coverage a second time, you can request a hearing in front of an Administrative Law Judge (ALJ). On the QIO's denial notice there should be information about how to request an ALJ hearing. Be sure to write "Attn: Beneficiary Mail Stop" on the envelope containing your appeal paperwork. Unfortunately, ALJ hearings are not expedited. This means that you may have to wait several months before your hearing is held. In addition, although the ALJ is supposed to issue a decision within 90 days of receiving your request for hearing, it often takes longer.

If you plan to appeal the denial, you should continue receiving daily skilled nursing or rehabilitation services. One of the requirements to get Part A coverage of your room and board in the SNF is that you continue to receive daily skilled services such as physical therapy or skilled nursing care. Unfortunately, this means that if you lose your appeal, you risk being on the hook for the cost of care. Medicare Part B may still cover the cost of your skilled nursing or rehabilitation services. If you are not receiving daily skilled nursing or rehabilitation services, but you are not yet able to go home, Part A will not cover your room and board costs. Again, Part B may cover the cost of your skilled nursing or rehabilitation services.

For more information, visit: <https://medicareadvocacy.org/self-help-packet-for-expedited-skilled-nursing-facility-appeals-including-improvement-standard-denials/>. For questions or assistance with SNF denials, contact your local Elder Benefit Specialist. 

Sun Protection Tips for Older Adults

By the GWAAR Legal Services Team (for reprint)

As summer approaches, it is time to start thinking about protecting ourselves when we have fun in the sun. According to the Skin Cancer Foundation, over half of skin cancer related deaths are people over the age of 65. Because the risk of developing skin cancer rises each year and sun damage can happen quickly, everyone needs to use sunscreen. But according to the Centers for Disease Control and Prevention (CDC), fewer than half of older adults adequately protect their skin from the sun.

Not any old sunscreen will do. Choose a sunscreen with an SPF 30 or higher and one that protects from UVA and UVB rays (broad-spectrum). A sunscreen's SPF (sun protection factor) determines how well it can absorb and reflect the sun's rays. A sunscreen that is labeled SPF 30 absorbs 97% of the sun's burning rays. It's also important to know that wearing sunscreen with a higher SPF does not mean you can stay outdoors longer without applying more. You'll still need to reapply it to protect your skin, especially if you are swimming or sweating heavily. Broad-spectrum sunscreen is important because UVA rays penetrate the lower levels of the skin. They account for 95% of rays. UVB rays make up a smaller percentage of UV rays, but they cause most sunburns and sun damage.

Additionally, research shows there is very little difference in effectiveness between sunscreen sticks, sprays, gels, and creams. Buying several formats can make it easier to protect small or hard-to-reach body parts, such as the back of the ears. Sunscreen sticks are good for ears and noses and are also easy to take with you on bike rides and walks. Sprays and creams can cover larger surface areas more efficiently, such as the back, arms, and legs. Gels tend to adhere better on areas with hair, like the hairline and scalp.

For more information, visit: <https://www.skincancer.org/blog/photoaging-what-you-need-to-know/> and <https://www.cdc.gov/cancer/dcpc/research/articles/older-adults-protect-skin-sun.htm>. □



Find us on:
facebook®

Check us out on our new Facebook page for updates, tips and more information provided especially for you.

**Aging & Disability Resource Center
of Clark County**

Gov. Evers, Wisconsinites Discuss Rising Prescription Drug Costs

Press Release from the Office of Gov. Tony Evers (for reprint)

MADISON — Gov. Tony Evers, together with the Office of the Commissioner of Insurance (OCI) Deputy Commissioner Nathan Houdek and Wisconsin Department of Health Services Secretary-designee Karen Timberlake, hosted a roundtable discussion with Wisconsinites on the rising costs of prescription drugs.

“Picking up your medications shouldn't break the bank, but we know that too many Wisconsinites are having to make tough decisions between paying their bills and getting life-saving medication,” said Gov. Evers. “They are cutting pills in half, skipping doses, rationing insulin, or just plain not filling prescriptions because it's the difference between paying for their medication or paying for rent, heat, or groceries—that's just wrong. Making sure folks have access to quality, affordable healthcare should be a bipartisan issue. Let's get this done.”

The governor's Badger Bounceback agenda builds upon the work of the Governor's Task Force on Prescription Drug Prices which was established in 2019 and presented their policy recommendations to the governor in October of 2020. The governor's 2021-23 biennial budget includes a bold, comprehensive plan to tackle the rising costs of prescription drug prices with nearly 20 policy solutions to reduce and control costs, increase transparency and oversight, strengthen consumer protections, and bolster programs designed to support and protect Wisconsin's most vulnerable.

“The governor's Badger Bounceback budget includes the most comprehensive plan in the history of our state to improve prescription drug affordability, increase transparency, and ensure accessibility for Wisconsin's most vulnerable,” said OCI Deputy Commissioner Nathan Houdek, who also served as the chair of the Governor's Task Force on Reducing Prescription Drug Prices.

The governor, deputy commissioner, and secretary-designee were joined by Wisconsinites across the state who have been affected by this crisis firsthand, including:

- Jill Kietzke, registered nurse and member of the American Diabetes Association, Mt. Horeb
- Jessica Smith, elder benefit specialist and State Health Insurance Assistance Program counselor with the Aging and Disability Resource Center of Eau Claire County, Eau Claire
- Nancy Koch, retired nurse, patient, and AARP advocate, West Allis
- Ben Wilson, community organizer, patient, and healthcare advocate, Viroqua
- Zena Blom, patient and advocate, Twin Lakes

- Thomas Slaten, patient and advocate, Edgerton

I am a diabetic patient and I use three types of insulin every month. Total cost for that insulin I'm guessing, I don't have exact numbers in front of me, would reach \$1,200 a month or more, and I am all for this \$50 copay because there were so many months where I could not get insulin because I just could not afford it. I'm on a fixed income being retired and it just didn't fit into my budget at the time," said Thomas Slaten.

"I think the transparency and reporting across the drug supply chain is really important," said Jessica Smith. "I felt like the drug task force really started just uncovering a sort of almost like a secret world [where] we don't understand how things work. There needs to be a lot more transparency."

"My medication retails for about \$3,000 a month. My insurance will cover it, but leaves me with a \$250 copay, which is something I can't afford every month. That's a car payment. That's utilities. That's a lot. That's two-and-a-half, three weeks of food," said Ben Wilson.

On Thursday, March 25, 2021 at 6 p.m., the governor hosted the second of six Badger Bounceback Live Sessions focused on the topic of Healthcare Accessibility & Affordability. More on the governor's investments in healthcare accessibility and affordability is available here. Recordings of this and other Badger Bounceback Live Sessions are available on the Governor's

IS MONEY TIGHT?



5077 0800 1234 5678
MARY SMITH

What is **FoodShare** and the **QUEST CARD?**

FoodShare benefits help buy nutritious food by depositing money on a QUEST card (a debit-like card) once per month.

You **MAY** qualify if your household's gross monthly income is less than...

1 person icon	\$2,128
2 people icon	\$2,874
3 people icon	\$3,620
4 people icon	\$4,368

For each additional member add \$748

Income guidelines are valid through September 30, 2021

Applying is **fast, easy & confidential!**

Call the toll-free FoodShare Helpline with any questions or to set up a confidential appointment. Se Habla Español.

1-877-366-3635

GetAQuestCard.org

The FoodShare Helpline is a service of Feeding Wisconsin and its member food banks. This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture. The contents of this publication do not necessarily reflect the view or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.



FEEDING WISCONSIN



FEEDING AMERICA
Eastern Wisconsin



SECOND HARVEST



Feed My People
FOOD BANK



second harvest
HEARTLAND



Capital One
Food Bank



FOOD BANK

These institutions are equal opportunity providers.



DID YOU KNOW?

Dried apricots are the richest source of potassium per serving, providing 23% of daily needs per ½ cup.

EAT WELL, AGE WELL.

POTASSIUM-RICH FOODS AND RECIPES.

Potassium comes from a variety of food sources. Some of the most nutrient-dense sources include bananas, spinach, oranges, cantaloupe, apricots, sweet potatoes, avocados, milk, yogurt, beans, lentils, whole grains and fish such as salmon. Therefore, it is important to eat a healthy balance of fresh foods to meet our daily needs for potassium. Regularly consuming fruits and vegetables which are naturally low in sodium and high in potassium can also help control blood pressure which may decrease risk factors for heart disease.

Potassium is important for the body because it helps regulate nervous system functions, muscle contractions, and blood pressure, and it allows the kidneys to filter the blood properly.

Try the recipe listed below for a potassium-rich dinner of grilled salmon with sweet potatoes, spinach, and mushrooms, all of which are great sources of potassium.

<https://recipes.sparkpeople.com/recipe-detail.asp?recipe=272913>

WEEKLY CHALLENGES

MAKE A LIST OF FOODS YOU ENJOY THAT ARE HIGH IN POTASSIUM

THREE DAYS THIS WEEK, START THE DAY WITH A POTASSIUM-RICH MEAL

TWICE THIS WEEK, INCORPORATE A POTASSIUM-RICH FOOD CHOICE IN EVERY MEAL OF THE DAY



GWAAR Nutrition Team in Collaboration with UW-Stout Dietetic Students / Nicole Tellock

EAT WELL, AGE WELL.

Monthly Tracking Calendar- Potassium Rich Foods & Recipes

RECORD HOW YOU DID WITH YOUR WEEKLY CHALLENGES

WEEK 1: EAT ONE BANANA EACH MORNING.

**WEEK 2: EAT BEANS THAT ARE HIGH IN POTASSIUM TWO DAYS OF THE WEEK POTASSIUM RICH BEANS
INCLUDE: LIMA BEANS, KIDNEY BEANS & SOYBEANS**

WEEK 3: MAKE A RECIPE WITH COOKED BROCCOLI IN IT. EXAMPLE: CHICKEN ALFREDO WITH BROCCOLI

WEEK 4: TRY THIS POTASSIUM RICH SMOOTHIE FOR BREAKFAST AT THE WEBSITE PROVIDED:

<https://www.parsnipsandpastries.com/powerhouse-potassium-smoothie/>

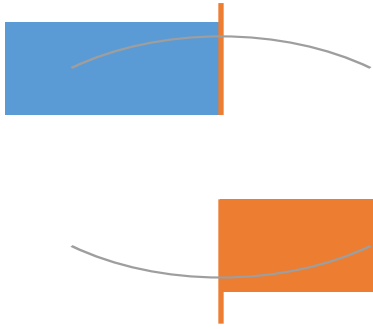
Complete the Weekly Challenges & you will feel better and be more in control of your health. We Dare You!

Healthy Clark County is seeking your input for the 2021 Clark County Community Health Survey!

What health issues are important to you and your community? Your responses will remain anonymous and confidential. Answering the survey helps the Healthy Clark County group identify ways in which available resources can be best utilized in Clark County to serve the public. Your voice and input really matters to us! This survey will take about 4-10 minutes to complete.

If you have internet access, please type the following into your web browser: [https://
www.surveymonkey.com/r/HealthyClarkCounty](https://www.surveymonkey.com/r/HealthyClarkCounty)

If you do not have internet, or prefer to answer by paper survey, please call Rebecca at 715-743-5110 to request that a survey be mailed to you. We will cover the cost for mail and return postage.



What's on Your Table

Corn – Broccoli Bake

This month's winning recipe comes from Fran Larson

1 (16-oz) can cream style corn

1 (10-oz) pkg. frozen broccoli, (cooked)

1 egg, (beaten)

1 T. Onion, (minced)

1/2 cup course saltine cracker crumbs

1 T. butter, (melted)

1/2 tsp. salt

Dash pepper

Preheat oven to 350 degrees. Combine all ingredients. Turn into a greased 1 quart casserole.

Topping:

1/4 cup course saltine cracker crumbs

1 T. butter, (melted)

Combine cracker crumbs and melted butter. Mix together and sprinkle over vegetables.

Bake uncovered for 35-40 minutes.

Thank you Fran for the great recipe!

Reminder to send in your favorite recipes for the next Newsletter!

ADRC of Clark County

517 Court Street Room 201

Neillsville, WI 54456



Call us for a Home Delivered Meal

If this is your **1st time** please call 715-743-5166 to complete an intake form.

Please call 24 hours in advance to reserve or cancel a meal

Greenwood Nutrition Center

312 N. Reese St.

Greenwood, WI 54437

(866)-743-5144

Colby Nutrition Center

310 Lieders St.

Colby, WI 54421

(715)-223-4195

Owen Nutrition Center

112 E. 5TH St.

Owen, WI 54460

(715)-229-4567

Neillsville Nutrition Center

602 Oak St.

Neillsville, WI 54456

(715)-743-3177

Thorp Nutrition Center

116 N. Washington St.

Thorp, WI 54771

(715)-669-5566



Suggested Meal Contribution \$4.00

high potassium fruits

o r a n g e j u i c e h m a m g m
a w s n a e b y o s w c p k v p p
b s t o c i r p a d e i r d e y j
e n e c t a r i n e s q u a s h o
e g j o e i c s n i s i a r q c m
t v d v g q e i n i a t n a l p p
s e k o c i t r a l i v q a i s a
q j s a e p d e y e k c a l b w e
w m p a p a y a o s j n a o r a j
s a i d p u s n a e b a m i l t a
d n d o l n q t o m a t o e t n c
k g s p i n a c h t o u v l a t w
i o d a c a v a t a h t w n u v b
c r b e a n s d h c v m a b m o k
t d o g p e l d g i t b i t l w r
s t u n a e p w i w i k g l o k p
e t w s m o o r h s u m o u k p j

banana

mango

papaya

plantain

raisins

articoke

beans

potato

mushrooms

soybeans

spinach

squash

tomatoe

beets

lima beans

blackeyed peas

peanuts

dried apricots

nectarine

kiwi

avacado

milk

orange juice



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